INTERVAL AEROBIC TRAINING

Are you ready to keep that body in shape or a beginner just starting to become a healthier you? Cheryl has the class for you! It is training that involves a series of low to high intensity workouts interspaced with relief periods. Less time in the gym doesn't mean you have to sacrifice fitness if you know the secret! As always the first class is free. You have your choice of purchasing a 10 class punch card or pay $10 a class.

Course# 120-01
Age.....Adult
Day.....Monday
Date..... Ongoing
Time.....5:30 – 6:30
Fee.....Res. $65$75 (10 class punch card)
Location.....Village Hall Gym
Min/Max.....5/20
Instructors…….....Cheryl Wierzbicki

Come to one these 2 classes and meet our new aerobics instructor. She comes highly qualified and is primary group fitness certified. Cheryl has her Les Mills Body Step and Body Pump certifications. Cheryl also has her Barre Burn and TRX certifications. Before moving to Island Lake Cheryl worked the fitness program at the Village of Pleasant Prairie from 2011 to present and also been an employee of the Foglia YMCA for a few years. Welcome Cheryl, we are enthused about starting another fitness program!

CIRCUIT AEROBIC TRAINING

This is a fun class with much punch to it. Different stations are set up with different exercises and short time limits to each station or exercise. You will use each station staying with your group until a total body workout is achieved. Examples of the stations or exercises will be using body step, exercise bands, weights, pushups, sit ups, crunches, squats, etc. You will be using ALL parts of your body.

Course# 120-02
Age.....Adult
Day.....Monday & Wednesday
Date..... Ongoing
Time.....5:30 – 6:30 p.m.
Fee..... Res. $65$75 (10 class punch card)
Location..... Village Hall Gym
Min/Max..... 5/20
Instructors…….Cheryl Wierzbicki